

Conclusion

Poor health can often be attributed to a person's behavior and lifestyle. With this in mind, risk prevalence data collected by the Behavioral Risk Factor Surveillance System allows the South Dakota Department of Health to identify populations at risk for poor health in the future. Therefore, intervention efforts can be designed to meet the unique needs of those who are at risk. By following the changes that develop over time, the department will be able to monitor the progress of these efforts. An overview of the key behavior risk factors from 1994 to 2007 is summarized below in Table 96. Table 97, page 216-217, is a summary of the *Healthy People 2010 National Health Objectives* that can be compared with data from this survey. The arrows indicate if South Dakota is higher or lower than the objectives.

Table 96
Summary of South Dakota's Proportion of Adult Population at Risk, 1994-2007

	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994
Alcohol Use														
Drank in Past 30 Days	57.2%	56.3%	58.6%	58.3%	60.8%	59.9%	61.3%	NA	58.6%	NA	55.5%	NA	47.0%	NA
Binge Drinking	17.3%	18.1%	18.0%	17.0%	19.0%	18.5%	18.5%	NA	17.4%	NA	20.9%	NA	14.5%	NA
Heavy Drinking	3.8%	3.8%	4.3%	3.7%	4.5%	4.6%	3.9%	NA	3.0%	NA	3.2%	NA	2.0%	NA
Arthritis														
Arthritis	26.8%	NA	27.9%	NA	28.8%	NA	22.1%	NA	NA	NA	NA	NA	NA	NA
Arthritis with Limited Activities	13.2%	NA	13.4%	NA	13.4%	NA	NA	NA	NA	NA	NA	NA	NA	NA
Asthma														
Current Asthma	7.1%	7.7%	7.3%	6.7%	7.3%	5.9%	5.3%	5.6%	NA	NA	NA	NA	NA	NA
Current Asthma (0-17)	NA	NA	5.6%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Breast and Cervical Cancer Screening														
No Mammogram Within Past Two Years (40+)	NA	25.8%	NA	24.0%	22.9%	24.1%	23.7%	24.0%	27.9%	28.1%	31.0%	34.1%	37.0%	34.0%
No Clinical Breast Exam Within Past Two Years	NA	20.7%	NA	17.6%	18.8%	17.4%	15.9%	17.5%	NA	NA	NA	NA	NA	NA
Insufficient Cervical Cancer Screening	NA	14.9%	NA	12.7%	14.6%	13.7%	12.4%	11.5%	14.6%	13.7%	15.0%	15.9%	15.5%	14.2%
Cancer Diagnosis														
Diagnosed with Cancer in the Past 12 Months	NA	1.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Cardiovascular Disease														
Previously Had a Heart Attack	4.7%	5.0%	4.5%	4.6%	NA	4.2%	NA	NA	NA	NA	NA	NA	NA	NA
Angina or Coronary Heart Disease	4.0%	4.3%	4.4%	5.3%	NA	3.9%	NA	NA	NA	NA	NA	NA	NA	NA
Previously Had a Stroke	2.6%	2.4%	2.8%	2.3%	NA	2.0%	NA	NA	NA	NA	NA	NA	NA	NA
Colorectal Cancer Screening														
No Blood Stool Test Within Past Two Years (50+)	NA	77.3%	NA	73.5%	NA	70.8%	69.0%	NA	74.8%	NA	78.3%	NA	NA	NA
Never Had Sigmoidoscopy or Colonoscopy (50+)	NA	44.1%	NA	49.7%	NA	58.2%	54.9%	NA	54.5%	NA	62.4%	NA	57.3%	NA
Diabetes														
Diabetes	6.7%	6.5%	6.4%	6.6%	7.1%	6.3%	6.1%	5.7%	4.9%	3.1%	3.8%	4.3%	2.9%	4.3%
Diabetes (0-17)	0.5%	0.3%	0.5%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Table 96 (continued)
Summary of South Dakota's Proportion of Adult Population at Risk, 1994-2007

	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994
Disability														
Physical, Mental, or Emotional Disability	18.2%	19.0%	19.0%	17.2%	18.8%	NA	16.8%	NA	NA	NA	NA	NA	NA	NA
Disability with Special Equipment Needed	6.2%	5.8%	6.2%	5.4%	5.7%	NA	5.6%	NA	NA	NA	NA	NA	NA	NA
Environmental Factors														
Sick From Poor Indoor Air Quality in Past Year	NA	NA	NA	17.3%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Sick From Outdoor Air Pollution in Past Year	NA	NA	NA	6.1%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Fall														
Injured in a Fall	NA	4.8%	NA	NA	4.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA
Family Planning														
Not Currently Using Birth Control (Females 18-44, Males 18-59)	NA	NA	NA	15.8%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Firearms														
Firearm in Household	NA	NA	NA	59.9%	NA	60.4%	56.6%	NA	NA	NA	NA	51.3%	NA	NA
Loaded and Unlocked Firearm in Household	NA	NA	NA	4.3%	NA	4.1%	2.2%	NA	NA	NA	NA	3.2%	NA	NA
General Health Status														
Fair or Poor Health	12.5%	11.6%	12.8%	12.6%	13.0%	12.9%	12.6%	12.1%	13.1%	11.7%	11.3%	11.5%	12.8%	12.8%
Physical Health Not Good for 30 Days of the Past 30	5.5%	5.0%	5.8%	5.0%	5.4%	NA	4.8%	5.2%	NA	NA	NA	NA	NA	NA
Mental Health Not Good for 20-30 Days of the Past 30	5.0%	4.7%	5.3%	5.6%	4.4%	NA	5.1%	4.6%	NA	NA	NA	NA	NA	NA
Usual Activities Unattainable for 10-30 Days of the Past 30	5.7%	5.9%	5.5%	5.8%	5.7%	NA	5.2%	4.9%	NA	NA	NA	NA	NA	NA
Dissatisfied with Life	3.6%	2.8%	3.7%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Health Insurance														
No Health Insurance (18-64)	9.7%	10.5%	9.4%	9.3%	10.4%	9.4%	10.0%	9.6%	NA	NA	NA	NA	NA	NA
No Health Insurance (0-17)	2.8%	2.5%	2.6%	2.6%	3.6%	3.2%	3.8%	5.7%	NA	NA	NA	NA	NA	NA
No Health Insurance (0-64)	7.7%	8.2%	7.3%	7.2%	8.3%	7.5%	8.1%	8.4%	NA	NA	NA	NA	NA	NA
HIV/AIDS														
Never Been Tested for HIV (18-64)	76.4%	78.9%	74.5%	71.4%	70.8%	71.1%	68.6%	65.6%	68.6%	72.5%	63.6%	73.8%	74.9%	73.2%
Hypertension and Cholesterol														
Hypertension	25.5%	NA	25.1%	NA	24.8%	25.2%	24.1%	NA	23.8%	NA	20.6%	20.0%	20.6%	NA
High Cholesterol	34.0%	NA	34.0%	NA	31.2%	29.3%	29.5%	NA	29.1%	NA	25.5%	NA	25.0%	NA
Immunization														
No Flu Shot (65+)	22.6%	25.9%	23.7%	23.1%	22.1%	25.8%	25.9%	29.1%	26.4%	NA	34.4%	NA	39.9%	34.0%
No Flu Shot (0-17)	NA	NA	73.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
No Pneumonia Shot (65+)	36.3%	35.0%	33.7%	33.8%	36.3%	43.3%	40.8%	46.6%	49.6%	NA	59.4%	NA	68.5%	67.6%
Oral Health														
No Dentist Visit in Past Year	NA	30.5%	NA	27.9%	NA	27.6%	NA	NA	34.3%	NA	32.3%	28.4%	NA	NA
No Dentist Visit in Past Year (1-17)	19.8%	NA	20.9%	NA	26.9%	NA	26.6%	30.9%	NA	NA	NA	NA	NA	NA

Table 96 (continued)
Summary of South Dakota's Proportion of Adult Population at Risk, 1994-2007

	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994
Overweight and Obesity														
Overweight or Obese (BMI = 25.0+)	65.5%	64.2%	62.8%	61.8%	60.1%	60.6%	59.4%	58.8%	59.3%	51.5%	56.3%	53.4%	53.7%	53.0%
Obese (BMI = 30.0+)	27.2%	25.4%	25.5%	23.8%	22.9%	21.2%	21.2%	19.8%	19.6%	15.8%	17.0%	14.7%	13.9%	14.4%
Physical Activity and Nutrition														
No Leisure Time Physical Activity	22.6%	24.0%	22.5%	19.0%	21.7%	23.8%	25.4%	26.7%	NA	33.3%	NA	34.8%	38.5%	30.7%
No Moderate Physical Activity	52.2%	NA	52.4%	NA	53.5%	NA	55.8%	NA	NA	NA	NA	NA	NA	NA
No Vigorous Physical Activity	74.6%	NA	76.5%	NA	78.0%	NA	79.3%	NA	NA	NA	NA	NA	NA	NA
Less Than Five Servings of Fruits and Vegetables	81.4%	NA	79.5%	NA	81.0%	79.3%	NA	80.1%	77.3%	80.0%	76.9%	76.1%	NA	79.1%
Heard of "Healthy South Dakota" Program	NA	36.0%	30.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Prostate Cancer														
No PSA Test Within Past Two Years (40+)	NA	45.6%	NA	46.9%	NA	46.2%	51.2%	NA	NA	NA	NA	NA	NA	NA
No Digital Rectal Exam Within Past Two Years (40+)	NA	44.7%	NA	45.5%	NA	44.5%	43.0%	NA	NA	NA	48.4%	NA	NA	NA
Prostate Cancer (40+)	NA	4.4%	NA	4.0%	NA	4.5%	3.7%	NA	NA	NA	NA	NA	NA	NA
Seat Belt Use														
Lack of Seat Belt Use	NA	NA	NA	NA	23.7%	22.4%	NA	NA	NA	32.1%	31.2%	29.3%	49.6%	52.0%
Special Health Conditions in Children														
Special Health Conditions in Children (0-17)	9.9%	9.0%	11.8%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Sun Exposure														
Sunburn in Past Year	NA	NA	NA	42.9%	44.3%	NA	NA	NA	43.0%	NA	NA	NA	NA	NA
Television Viewing														
Two or More Hours of TV Watched Per Day	72.7%	NA	71.4%	69.3%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Tobacco Use														
Current Cigarette Smoker	19.8%	20.3%	19.8%	20.3%	22.7%	22.6%	22.3%	21.9%	22.5%	27.2%	24.3%	20.7%	21.8%	20.9%
Smokeless Tobacco	5.8%	5.8%	6.4%	NA	6.8%	NA	5.7%	NA	NA	NA	NA	5.4%	4.9%	5.5%
West Nile Virus														
No West Nile Virus Precautions	NA	43.9%	30.2%	31.0%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1994-2007

Table 97
Summary of Healthy People 2010 National Health Objectives

<u>Objective</u>	<u>South Dakota</u> 2007	<u>Healthy People</u> <u>Targets</u> 2010
<u>Overweight and Obesity</u>		
Reduce the percent of adults who are overweight or obese	65.5% ↑	55.0%
Reduce the proportion of adults aged 20 years and older who are obese	27.2% ↑	15.0%
<u>Physical Activity and Nutrition</u>		
Reduce the proportion of adults who engage in no leisure time physical activity	22.6% ↑	20.0%
Decrease the percent of adults who are physically inactive on a regular basis	52.2% ↑	50.0%
Decrease the proportion of adults who do not engage in vigorous physical activity that promotes the development and maintenance of cardio respiratory fitness 3 or more days per week for 20 or more minutes per occasion	74.6% ↑	70.0%
<u>Tobacco Use</u>		
Reduce the proportion of adults who smoke cigarettes	19.8% ↑	12.0%
<u>Diabetes</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Hypertension and Cholesterol</u>		
Reduce the proportion of adults with hypertension	25.5% ↑	16.0%
Reduce the proportion of adults with high total blood cholesterol levels	34.0% ↑	17.0%
<u>Health Insurance</u>		
Decrease the proportion of persons not insured	9.7% ↑	0.0%
Decrease the proportion of children not insured	2.8% ↑	0.0%
<u>Immunization</u>		
Decrease the proportion of adults age 65 years and older who are not vaccinated annually against influenza	22.6% ↑	10.0%
Decrease the proportion of adults age 65 years and older who have never been vaccinated against pneumococcal disease	36.3% ↑	10.0%
<u>Children's Oral Health</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Sun Block Use</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Alcohol Use</u>		
Reduce the proportion of adults engaging in binge drinking	17.3% ↑	6.0%

Table 97 (continued)
Summary of Healthy People 2010 National Health Objectives

<u>Objective</u>	<u>South Dakota</u> <u>2007</u>	<u>Healthy People</u> <u>Targets</u> <u>2010</u>
<u>Cardiovascular Disease</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Asthma</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Arthritis</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>General Health Status</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Disability</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Television Viewing</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>HIV/AIDS</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Special Health Conditions in Children (0-17)</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Sexual Violence</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Gastrointestinal Disease</u>		
There was no stated Healthy People 2010 Objective	None	None

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2007

